

# Level

# 3

# Beam

JDM 9/1/21

FRONT  
SUPPORT FISH  
POSE MOUNT



(0.20)

(\*)  
CROSS  
HANDSTAND



(0.60)

1/2 (180°)  
TURN IN  
FORWARD PASSÉ  
(heel-snap)



(0.40)

STRETCH  
JUMP



(0.40)

STRETCH  
JUMP



(0.40)

1 Sec Hold  
ARABESQUE  
45°



(0.40)

STRAIGHT  
LEG LEAP  
90°



(0.60)

1/2 (180°)  
PIVOT  
TURN



(0.20)

1/2 (180°)  
PIVOT  
TURN



(0.20)

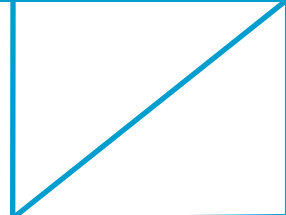
(\*)  
CARTWHEEL  
TO SIDE HANDSTAND,  
1/4 TURN DISMOUNT



(0.60)

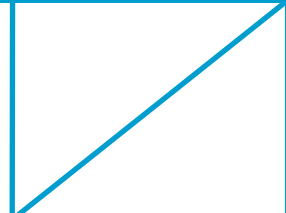
Warm-up : 45 sec. Routine : 55 sec. Warning : 45 sec.

Gymnast



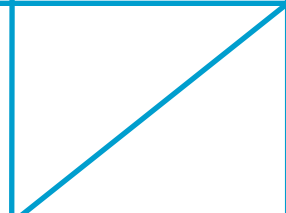
Final  
Score

Gymnast



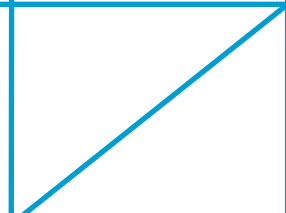
Final  
Score

Gymnast



Final  
Score

Gymnast



Final  
Score